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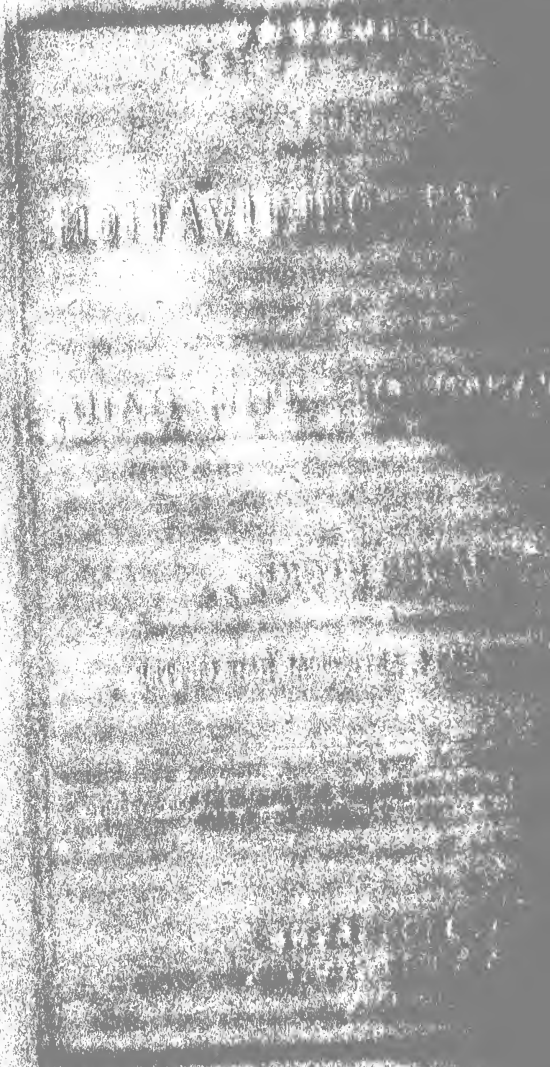
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LECTURE
ON THE
GROWTH, CULTIVATION
AND
DISEASES OF THE HAIR,
BY
JAMES STOKES,

HAIR PHYSICIAN & ARTISTICAL HAIR CUTTER.

Delivered before the Natural History Department of the Brooklyn
Institute, Wednesday Evening, Dec. 6, 1848.

BROOKLYN:
J. B. BROWN, PRINTER.
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BANER & PALMER, STEREOTYPERS,
201 William st., New York.

INTRODUCTION.

THERE is, perhaps, no subject that demands more attention and study, and receives less from mankind in general, than the one we have chosen this evening. It is a well-established fact, that with the many improvements in science and art, the different new and successful theories in medicine, the many and ever-changing fashions of dress, that people, generally speaking, wholly neglect that important preservative of health, and highest ornament to mankind, the hair; and it is with a view to lay before you a few interesting facts, and prove satisfactorily to those present that in order to enjoy the ultimatum of health, it is truly necessary to pay the utmost attention to the growth and cultivation of the *hair*. These remarks, my friends, are based wholly upon practical knowledge, and that practical knowledge acquired by many years' experience and study. It is not the spur of the moment, or the great source of gain that can be attained, that prompts me on, but it is wholly the desire to benefit suffering humanity; and in my experience I have seen hundreds, nay thousands, whose health was daily failing, whose nerves were entirely prostrate, and

whose outer man was fast crumbling to decay, and these diseases caused by neglecting nature's ornament, the hair. Having been established in the city of Brooklyn for the last fourteen years as hair physician and artistical hair cutter, you may well suppose that a great number of sufferers have come under my supervision. Many have expended their hundreds on the Tricopherous, Chemical Hair Invigorator, Coral Restorative, etc., etc., for there are nostrums, without reasoning, for every day in the year. It would take all the evening to enumerate one-half of the different ingredients used in these humbugs of the present day; but suffice it to say, they have been used, and through their use health has been injured, and the hair almost destroyed. Often have I asked the question, "Why is it so?" and the more I have asked it the oftener has it come home to me, that it was a duty I owed the community to give expression to my views on this subject, founded on common sense, and reasoning which no man can dispute, and which every reasoning mind must endorse. In truth, when I look back upon the many instances that have come before my notice of persons who have been not only literally *cheated* out of their money—bad enough, in all conscience,—but deprived of their health, comfort, and all that tends to respectability, so far as appearance is concerned, it causes a feeling of indignation to rise

within me to see people so imposed upon, that I was determined, so far as my humble efforts could go, to suppress them. I have, therefore, adopted this method of putting the public on their guard for the future, and in order to show that my efforts have been of some avail, it perhaps will not be away from the point to read a few certificates from some of the most influential and respectable families in the Union.

BROOKLYN, Dec. 14th, 1848.

MR. STOKES: *Very Dear Sir*—Our wise Creator, in all his works, has blended the useful and ornamental together. In man, we behold with delight the noble and symmetrical form, but above all we love to gaze upon the countenance—the sparkling eye and prominent forehead. In contiguity and close relationship with the latter, we have the hair—the ornament of man. As it is necessary for man to understand the physical development of the body, I believe it is no less important that he should understand the cultivation of the hair. To you, then, as one familiar with such a study, I am most happy to recommend a discriminating public. My family have experienced great and signal benefit from your mode of treatment.

Thine ever,

REV. JAMES L. HODGE.

BROOKLYN, Dec. 7, 1848.

There is nothing, in my opinion, of so much importance to mankind, as the proper cultivation of the hair. I would, therefore, advise those wishing information on this subject to wait upon you, knowing from experience, that you are fully conversant with the subject. S. N. BURRILL, Montague place.

To James Stokes, 213 Fulton street, Brooklyn.

BROOKLYN, Sept. 4, 1848.

Nearly two years ago my hair began to fall out, in such large quantities that I was afraid I would soon become completely

bald. To your treatment I was indebted for a complete cure, and now, a good head of hair. MRS. LOUISA CHASE,

39 Tillary street.

To James Stokes, 213 Fulton street, Brooklyn.

BROOKLYN, Nov. 5, 1848.

I have used your Shampoo Lotion and Vegetable Hair Oil, for the last five years, and must confess it is the best article I can find for preserving a healthy state of the hair, giving it a gloss and rich appearance. No lady's toilette is complete without the above article.

CATHARINE E. SIMPSON,

213 Pearl street, Brooklyn.

Brooklyn, Oct. 9, 1848.

Passing along Fulton street, in Brooklyn, I saw a notice of advice on the diseases of the hair: at that time, any thing connected with the hair demanded my especial notice. I was therefore led to call upon you: my hair was then falling out, and otherwise diseased. About four weeks after, I began to see the effects of your treatment, and now feel satisfied that the study of the hair is not only important, but highly instructive. Your wash for the hair is highly efficacious in removing all scurf, etc., from the hair. I use it with the Vegetable Oil in my family.

MRS. C. A. TOY,

95 Livingston street, Brooklyn.

To James Stokes, 213 Fulton street, Brooklyn.

I have known Mr. James Stokes, as a hair cutter and dresser, for many years, and am perfectly satisfied, from his long experience and practice in his profession, that he has a full knowledge of his business, and understands the treatment of the hair thoroughly, as he has long made it his study. GEO. HALL.

To James Stokes, 213 Fulton street, Brooklyn.

New York, Sept. 21, 1848.

Like a great many others, I never believed, until my acquaintance with you, the importance of paying that attention to the growth of the hair, which you considered so advisable. How-

ever, after serious reflection, I came to the conclusion that there was truth in your remarks. Acting on such a belief, I went to work in good earnest, and soon found the benefit of it. The ladies, who are certainly the best judges of such matters, very quickly began to perceive a great change, for the better, in my hair: this was testimony of itself. The ablution of the head with your Lotion, independent of being necessary, is a luxury that I would not wish to dispense with.

E. M. REID,
299½ Broadway.

To James Stokes, 213 Fulton street, Brooklyn.

New York, October 7, 1848.

It is with a degree of pleasure, I take this opportunity of recommending you, in your professional capacity, to the public. It is certainly to your exertions alone I am indebted for the restoration and preservation of my hair. After many fruitless attempts, and a trial of almost every article in the hair-restoring catalogue to no purpose, by following your advice, and using your Lotion and Hair Oil, I am again proud to say, that my hair is in a healthy condition. I therefore would advise all whose hair is in the least way diseased, to call upon you without delay.

You are at perfect liberty to publish the above, if you think proper.

MRS. SIMMS.
784 Broadway.

New York, Dec. 2, 1848.

I have never believed in the manner generally adopted, of coming before the public and bearing testimony to the efficacy of any medicine, etc. I would however, in this case, consider myself ungrateful, if I withheld that attestation which merit or excellence in any business or pursuit demands. As a hair physician, and hair cutter, it is my firm belief, you stand unrivaled.

Your Shampoo Lotion and Hair Oil, are the best articles for the hair ever used. As such, I have always recommended them to my friends.

MRS. C. MEARS, 784 Broadway.
Principal of the English and French Boarding and Day School
for Young Ladies.

To James Stokes, 213 Fulton street, Brooklyn.

Orange, N. J., December 13, 1848.

Having within the last six months sold much of your Lotion and Oil, as well as used it ourselves, we feel called upon to testify to their excellent qualities, and take this opportunity to recommend them to the public. We can safely say, they are much the best articles of the kind we ever used; and among the many customers who have bought them of us, have never had one dissatisfied, but on the contrary all speak of them in the highest terms.

STEPHEN D. DAY & BAILEY.

To James Stokes, 213 Fulton street, Brooklyn.

If necessary, hundreds of certificates such as the above could be produced. Relying, however, upon the influence that these selections may have, I will now proceed with the lecture.

LECTURE.

IN order now to proceed with the lecture on the growth, cultivation, and diseases of the hair, it may be well to divide this subject into two parts: first, the physiology of the hair, showing its close alliance with the vegetable kingdom; and lastly, show that the practices in general use are injurious to such structure, with the proper means to be used for restoring the hair to health when diseased, and preventing its disease when in health.

First, then, we will call your attention to the physiology of the hair, showing its close alliance with the vegetable kingdom. Intimately connected with the skin, of which it in fact forms an appendage, is the hair. If a hair be plucked from any part of the skin, and its root examined with a magnifying glass, it will be found to be of an oval form, composed of a softish glutinous or pulpy matter, contained in a semi-transparent bag, open at the lower end, to receive nerves and blood-vessels, and at the upper to receive the hair. This root is fixed in the inner or true skin, by which it is nourished with blood and other fluids. The roots of the hair exist in this membrane in great profusion over the whole body; and, what is very remarkable, in every individual

many more roots exist than hairs growing from them—a fact which is proved by hairs often appearing on the nose and ears of men, and on the arms and face of women, where they were before wanting.

It is a common error that the roots of the hair are destroyed or perish in every case in which it falls out, and does not again grow above the skin. It is very possible, however, for the roots of the hair, as well as the skin itself in which they are planted, to be destroyed by accident, and various diseases. What we mean is, that this does not usually occur in fevers, followed by a loss of the hair, and, in ordinary cases, of baldness in young persons. In such cases the roots may, by examination after death, be discovered equally numerous as in individuals who are not bald. The hair is merely prevented from growing, either by the inertness of the roots, or probably on account of the external layer of the skin having become so hard, dry, or thickened, as to prevent the hair from penetrating it, as it had formerly done.

It is to be remarked, that the hairs do not rise perpendicularly from their roots, but pass very obliquely, and at an acute angle, through the two layers of the skin, binding these together, as though nature had used the hair for sewing thread. This fact explains the direction and flat position of the hairs on the head, eyebrows, etc., and

shows the reason why they adhere so firmly as to be pulled out with difficulty ; and also the peculiar and often very painful sensation occasioned by brushing the hair contrary to its natural direction.

Each separate hair is formed of ten or twelve smaller hairs, which unite from the root and form a hollow tube, somewhat like a very fine stalk of grass ; it is also like a particular species of grass, jointed at intervals. These joints seem to overlap each other, as if the end of one small tube was inserted into another, and so on to the end of the hair. This structure, though invisible to the naked eye, or even to our ordinary microscopes, may be made manifest to the touch. Let a hair several inches long be rotated between the finger and thumb, and it will be found always to move toward the top end, and never toward that corresponding with the root, in whatever direction it may be turned—proving that the rough overlappings along the course of the hair, are all directed toward the top.

The human hair more nearly resembles the vegetable growth than does any other part of the animal structure, having, like many vegetables, a bulbous root, a reedy or hollow stem, and being susceptible of cultivation. As the growth and beauty of vegetables depend much on proper tillage, trimming, and cultivation, so also does the luxuriance of the hair.

The soil, in the latter case, is the skin. As the tree, shrub, or plant receives its nourishment from the sap, moisture, and richness of the soil, so also the health of the hair depends much, and indeed altogether, on the health of the skin beneath.

The hair, like all other organs, is nourished by the blood, and receives vitality through the medium of the nerves. A special blood-vessel and nerve is devoted to each separate hair, without which it could never have life, and never grow.

But, for the development of the hair, other conditions are necessary besides the healthy character of the blood. Of these, the most essential is the state of the skin.

As it is our desire to make these remarks as brief, plain, and easily to be understood as possible, we consider that so far as the physiology of the hair is concerned—being rather an intricate section of the subject—we could not, without going very deep, and taking up considerable time, illustrate more fully this, notwithstanding, very necessary part. However, feeling satisfied that we have presented as correct an outline as time will allow, we now proceed to the second and most important part.

We mentioned that we have now arrived at the most important section of this subject; and it is equally important that the public in general should become awake, and look at it in its proper light;

for we are satisfied it is the want of knowledge as regards the proper management of the hair, and the practices in daily use, that produce those diseases of the hair, and materially affect bodily health. We say it is a want of knowledge ; for it is a well-known fact, that in the progressiveness of every other theory, we find no information, no works, no lectures, nothing but the old staid practices of by-gone times, on this subject, and it is on this account that many have been led to use nostrums recommended, and that highly too, which, instead of benefitting, materially injure the hair. And how could it be otherwise, when these articles have been manufactured by individuals who are entirely ignorant, both in theory and practice, of the first cause of that very disease - they sought to remedy. Truly, on no other subject has the impudence of quackery been carried to a greater excess, or the world been treated to a like amount of ignorance, assurance, and imposition. These remarks, though severe, are nevertheless necessary ; for in our daily practice thousands have come before our notice who have suffered and are now suffering from the bad effects produced. But to our subject.

We have endeavored to show, as plainly as possible, under our first part, the physiology of the hair, its structure, its manner of growth, etc. In the succeeding part we will point out, and endea-

vor to show that the practices in general use are injurious to such structure and growth, showing the proper means to be used, which, if carried out, will entirely correct those abuses, and restore the hair to health, if diseased, and prevent its disease when in health.

There is no part of the body which suffers more from heat and pressure than the head—no one, therefore, which requires to be kept cooler and less encumbered; neither of which important requisites are sufficiently obtained, in the male sex particularly, by the hats and caps now in fashion.

When we refer to the general experience of antiquity, we find it to be decidedly in favor of the precept, that the head should be lightly covered. The care which nature herself has taken to protect this portion of the body from the influence of external agents, by clothing it with hair, renders, indeed, under ordinary circumstances, any species of artificial covering unnecessary. It is probable, as a general rule—excepting when the natural covering is unusually scanty or entirely wanting—that not only the cumbrous wigs, powder, and pomatum of former times, but even the hats, caps, and bonnets of our own day, might with great propriety be dispensed with.

We wish now not to be misunderstood. We do not pretend to advise any present, either male or female, old or young, so far to deviate from gene-

ral use as to walk bare-headed in the open air ; we merely desire to point out to them the propriety of wearing hats or bonnets constructed of such materials as will render them perfectly light and easy, and prevent the head from being kept unduly warm.

The great inconvenience which arises from keeping the head warmer than nature intended, is, that in youth, by causing an increased amount of blood to be sent to this part, not only is the scalp more liable to be the seat of eruptive diseases, such as salt rheum, erysipelas, etc., but even the brain itself is exposed to injury from slight exposures to cold, terminating frequently in incurable dropsy ; while, at a more advanced age, a short exposure, without the usual protection, will almost invariably occasion a rheumatic affection, or what is ordinarily termed a cold.

It must be obvious, then, that these heavy head-dresses so much affect the health of the body, that from what we have shown, in the first part, of the structure of the hair, it must in a greater degree affect those nerves and blood-vessels, weakening and eventually destroying the hair.

We have asserted that for the development of the hair other conditions are necessary besides the healthy character of the blood, and said that the most essential is the skin. The skin by perspiration performs one of the most important functions

of the human system. Its importance may be conceived by the fact, that in some parts a single square inch of skin is perforated by from three to four thousand perspiratory pores, each pore measuring about one quarter of an inch in length ; and as the hair-producing organs, by contiguity, are in intimate connection with the perspiratory system, so, if we disorder one, we shall certainly produce confusion in the other. An organization so extensive as the perspiratory pores, must possess a corresponding influence, and from its delicacy of construction, must be liable to derangement by any circumstances that affect its operations. Of these the most common and the most serious on the skin of the head, is obstruction through the presence of dirt and other objectionable matter. Now, I am aware that this is a remark that will be resented as totally inapplicable to any well-bred person. I shall be reminded of the indefatigable brushings and combings, of the time and patience bestowed on the hair. I do not for a minute doubt the industry and anxiety to observe cleanliness, but I dispute the efficiency of the means.

Let us examine the influences to which the skin of the head is exposed. We have stale perspiration, scurf, the dust and smoke of the atmosphere, with the oil or grease used in dressing the hair, all intimately, because gradually, combined, and forming

a greasy, waxy composition of a most tenacious character, which the most sedulous brushing and combing will only scratch, but can never remove. There it remains, clogging the perspiratory pores, producing headache, itching, and other uneasy sensations; it introduces confusion and disease into the hair-producing organs; it acts and reacts, vitiating the choice secretion presented by healthy blood to be worked up into hair; the secretion, deprived of some of its important constituents, produces hair imperfectly formed, deficient in color, poor, and brittle; the connection of the old and the new hair is disturbed, and it drops out of the tubes; the emptied hair-tubes are immediately closed over by the same matter that first introduced mischief, and the weakened organs have to encounter a fresh difficulty; the hair, feebly formed, is unable to penetrate through the tube, and thus we have loss of hair, while the constitution is in full vigor, and baldness, where, from all other circumstances, there ought to be luxuriance.

Again, following the same principles, most of the thin, scanty heads of hair we see in adults, may be attributed to injudicious treatment during childhood. With gentle hands, maternal pride seeks to remove the unsightly patches of scurf or dandruff with the small-tooth comb, and to win luxuriance for her favorite's locks by a liberal application of some fancied grease or oil, with a devout

faith in their powers to nourish the hair! A singular error, to present nature with nothing but oil to make hair, which requires oil in but small proportion to the fibrin, lime, iron, etc., of which it is composed. Nature will have no such help. What she requires is liberty to act, freedom from obstruction. We must relieve the delicate organs from such matters as scurf and dirt, which, by preventing their operations, suppresses the whole organization at the very time of its formation; and their tenderness should impress the necessity of avoiding such rude means as the small-tooth comb, an instrument of torture, which lacerates the skin, and injures every thing connected with it.

During childhood nature is active and liberal in forming the necessary organs. All that can be done to assist beyond keeping the skin of the head perfectly clean, is to stimulate a sufficient flow of the secretion. To effect this, a child's head should be washed with a properly prepared hair wash, regularly once a week; when it has once been done, the luxury of comfort it produces will make our little friends sturdy agitators for its continuance. But soap and water are insufficient; the dirt and scurf which collects on the skin of the head are too tenacious for the strongest soap to affect them. A good hair wash must be carefully and skillfully compounded.

Another important point in children's hair is

the proper trimming of it. The hair in children should be cut short until they are ten or twelve years old—as the cooler the head can be kept the less danger there is of many maladies peculiar to that part of the body, especially water on the brain. Mothers, whose vanity may be alarmed lest repeated cutting the hair for so many years should make it coarse, may be assured they have no cause for this apprehension, provided the hair be kept constantly brushed.

When there is any tendency to sores or eruptions on the head of children, fine combs are very apt to promote them. There is no doubt that the heads of young persons, which are never touched by them, may be preserved a great deal better by shampooing.

It is necessary then, that we should have a properly prepared hair wash to effect these purposes. Impressed with these ideas many years ago, I sought the aid of the best professional assistance to produce the necessary agents to be employed, and after many experiments and considerable study, I at last discovered an article, which at that time I brought before the public, in my business and otherwise, with the greatest success. As is usual in such cases, many seeing and hearing of the good done by shampooing, introduced in their business a process of shampooing, but such was the effects of it, that hundreds are now suffering

from the loss of hair and other diseases, that have been operated upon by those imitators. And how could it be otherwise, when persons, ignorant of the first rudiments of the cultivation and growth of the hair, endeavored to pawn upon the public some great remedy, for that which they knew nothing about! It is only from the study and knowledge of a disease, that any remedy can be successful, either in surgery, botany, or any other practice or profession; such is the case here. I believe that this Shampoo Lotion is truly beneficial to the hair, in health or when diseased, and my belief is founded on my knowledge of the subject, and there are thousands in the cities of New York and Brooklyn, where my business for the last fourteen years has been established, would willingly endorse these sentiments. This Shampoo Lotion will be found eminently effective in removing every impurity, leaving the skin cool, free from irritation, bestowing a delightful sense of comfort, and materially improving the appearance of the hair; but above all, preventing those diseases which cause the falling out of the hair, eruptions of all kinds, restoring a tone to the hair, producing organs and secretions, thereby improving the character and increasing the quantity of the hair.

To embellish and improve the appearance of the hair is a matter totally distinct from its resto-

ration or production ; and where hair is coarse and harsh, it is necessary to apply something that will assist nature, and although greatly opposed to greases, oils, etc., that are in general use, and are recommended only by the manufacturers, because instead of assisting nature they clog up the pores of the head ; yet, when the hair is deficient of oil, and consequently looks dry and rusty, having some of its constituents in excess, chiefly lime, I would recommend the use of the Vegetable Hair Oil, an article free from all deleterious matter, compounded entirely from vegetables. It must be used in connection with the Shampoo Lotion, and where the hair is harsh and dry, it imbibes it greedily, causing the hair to become soft and glossy, and facilitating any tendency to curl. It has a rich, fragrant, and lasting perfume, and will be found the best embellishing agent that has been produced.

The great secret, then, in cultivating and promoting the growth of the hair, lies in proper trimming and thoroughly cleansing it. Particular attention ought to be paid by parents to children, commencing when young ; let the same attention almost be paid to the hair as to the face or neck, and we will guarantee no farther trouble necessary.

It must be borne in mind, likewise, that it is not every one who professes hair cutting that under-

stands it; although appearing simple, still there are certain scientific rules, by which any one who understands his business is guided. There is no such thing as fashion connected with hair cutting; it is a thing utterly preposterous to suppose that all men should have their hair, as they have their coats, cut in one style. The hair cutter must be governed, in the first place, by the appearance of the individual, his height, size, features, and shape of the head; and in the second place, by the state of health the hair is in. By trimming the hair on these principles, a hair cutter can add a great deal to the personal appearance of an individual. It would require a lecture to be devoted to the improper modes of hair cutting, to point out all the evils resulting from many of these operators, who style themselves *fashionable* hair cutters.

It will now be necessary, before concluding, to address the ladies with regard to wetting, curling, and braiding their hair. We have proved that there is a continual circulation running through each hair; if such is the case, then, it must materially affect that circulation, and consequently eventually injure the hair to braid and twist it up in papers, as it not only renders it thin, but deprives it of its soft and glossy appearance. There can be little doubt that this is the effect, to a certain extent, of the practice of twisting the hair from its natural position, and of plaiting or firmly

braiding it, pursued in obedience to the dictates of fashion by most females. Applying to the hair a wet brush, a custom much in vogue, is very injurious, more especially when coming in contact with oil and the perspiration and dust, forming paste which has a tendency to close up the pores.

The hair ought never to be wet, unless when cleansed by shampooing, which ought to be done at least once every two weeks.

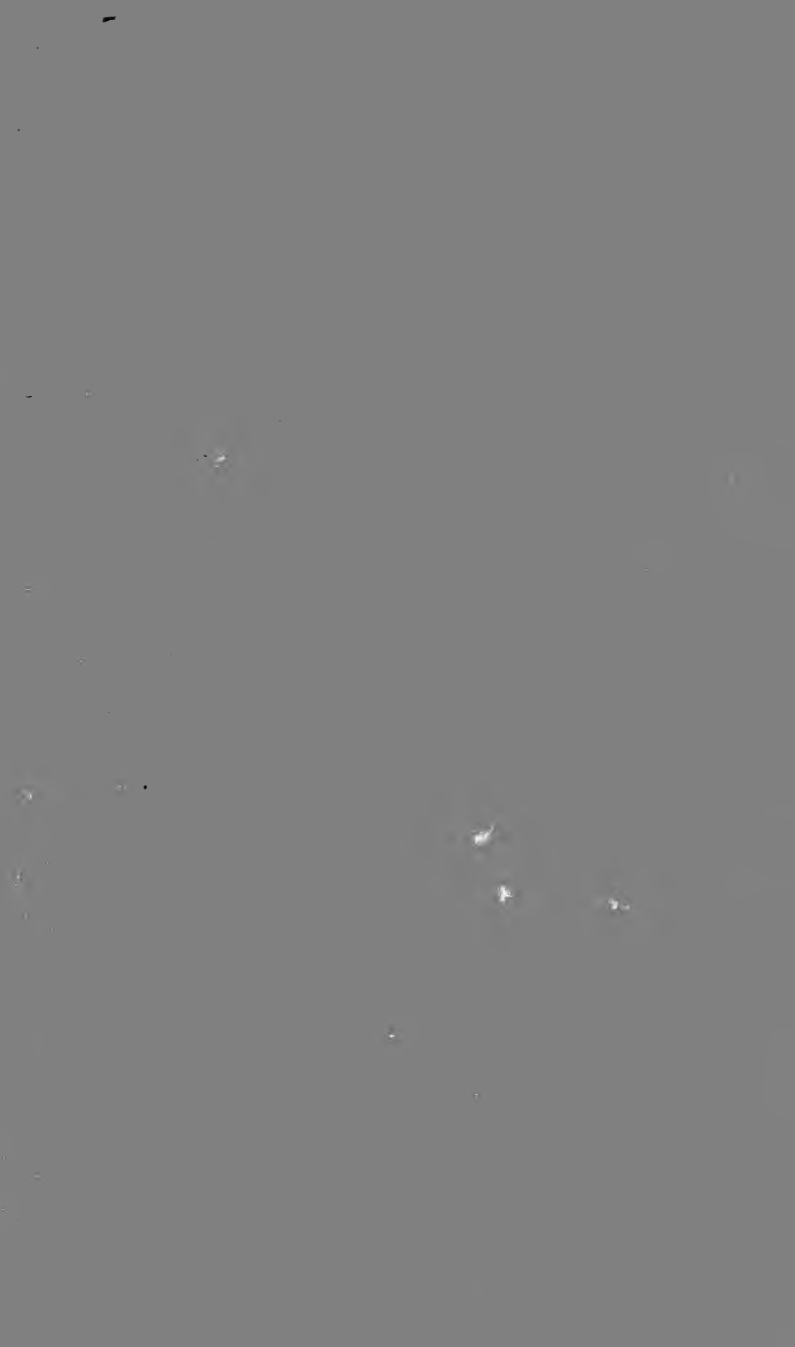
A very large majority of ladies from twenty-two years of age and upward, and many much younger, have lost their hair through the above practices.

Ladies generally, from the age of fourteen, very seldom think it necessary to have their hair properly trimmed, while it ought to be done once a month regularly, thereby rendering the fluids less liable to obstruction in their passage, it being difficult to preserve it straight, and permit it to have its natural flow. We may also remark that frequently cutting the hair prevents it from splitting at the ends and growing forked, the occurrence of which, so common in young persons, gives it an extremely inelegant and ungraceful appearance.

We admit that fine flowing tresses are among the most attractive ornaments of female beauty, and would therefore be the last to recommend their proscription. When, however, the hair becomes thin and irregular, and the health is injured by

nervous and other diseases, they become rather a burdensome ornament.

In conclusion, we are satisfied, from long study and experience, that the above remarks, if properly attended to, will be found truly beneficial, not only to the cultivation and growth of the hair, but also to bodily health and mental repose. In this country, children from infancy are gifted with a plentiful supply of hair, and it only requires attention to keep it so through their lifetime. Hoping shortly again to have the pleasure of addressing you on this important subject, and thanking you for your kind attention, I will now close.





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